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PAGE 6

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Ray Unrau, director of emergency planning with the City of Saskatoon, poses for a photo with the city's Incident Command Post (ICP). MORGAN MODJESKI/METRO

City asks: Are you ready for an emergency?

Planning ahead.
Officials aim to increase awareness among residents at event marking National Emergency Preparedness Week

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Disaster can strike at any moment and while the City of Saskatoon is prepared for the worst, they want residents to be prepared as well.

To mark National Emergency Preparedness Week running this week, on Tuesday the city's Emergency Measures Organization (EMO) gave media and the public a closer look at some of the tools they use to deal with disaster.

Ray Unrau, director of emergency planning with the city, said an emergency can strike at any time, but noted whether it's a collapsed building or a plane crash, the city does have a plan in place to deal with it.

"When there is an unusual emergency or when there is a threshold event where we have not enough resources for the tasks that we're trying to accomplish, we need to prioritize. And when you need to prioritize, that changes the environment," said Unrau.

"All uniform responders are extremely comfortable working within their silos, but as soon as you get to that task-rich, resource-poor kind of condition, we need another level of co-ordination."

A key component in co-ordinating emergency teams is the city's Incident Command Post (ICP). Unrau explained that the ICP is crucial as the EMO will send commands through designated members of emergency teams to smoothly co-ordinate a unified response.

However, he said despite the fact the city is well equipped to deal with an emergency, citizens should take time to ensure they're prepared as well.

"We always tend to trust the fact that when we flip the switch or turn the tap, (something) is supposed to happen. Well, sometimes in these unusual emergencies, that doesn't happen," said Unrau.

"Preparedness really can take a wide range of things, but there are some basic things like water and snacks that we encourage people to think about."

Items that should be in your family's emergency kit:

- Two litres of water per person per day for up to 72 hours
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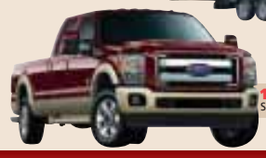

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Harm-reduction programs reduces needles on our streets

Needle Safe Saskatoon.
Dramatic drop during spring cleanup thanks to needle exchanges and drop boxes, says group

JANE CAULFIELD
jane.caulfield@metronews.ca

Every spring, Needle Safe Saskatoon takes to the city's streets to clean up needles that have been discarded under a winter's worth of snow and ice, only to be exposed once the melt has run its course.

This year the 35 volunteers spent Tuesday morning scouring designated zones within the city, collecting a total of 176 discarded needles, a slight decline compared to the number of needles collected in 2012.

"We're finding that the trend of finding needles out in the community is actually going down," said Dr. Johnmark Opondo, deputy medical health officer for the Saskatoon Health Region. "I think overall, as a community, we're doing better. We're getting more of these sharp (needles) out of the community."

In 2011, 479 needles were collected during the annual cleanup. In 2012, that number dropped to 188. The zones covered include Idylwyld Drive to Avenue W between 19 Street West and 22 Street West, 33 Street West, and 8 Street East.

Opondo said the continued decline is because harm reduction programs in Saskatoon, such as needle exchanges or strategically placed needle drop boxes throughout the city, are being used more often.

He said the purpose of these kinds of programs, including the annual spring cleanup, is to help keep everyone within a community safe.

"The purpose of our needle-exchange programs is to address and reduce the transmission of some very, very important and serious disease conditions in our community," said Opondo. "Unfortunately, addictions and mental-health problems are still present in our community. And we want to keep our community brothers and sisters safe until they have an opportunity to address their problem."

Public-health nurse Robin Ellis picks up a discarded needle in an area off of 20th Street West on Tuesday as part of the annual spring needle cleanup organized by Needle Safe Saskatoon. JANE CAULFIELD/METRO

First flooding, now this

Grass fire forces dozens out of homes on reserve

More than a dozen people have been forced from their homes on a northwestern Saskatchewan reserve because of a grass fire.

Emergency officials say 13 people have been evacuated from the Onion Lake Cree Nation, north of Lloydminster.

Social Services says those people with health risks and children have been taken to a hotel in Lloydminster.

Onion Lake was already under a state of emergency due to flooding. The deputy emergency-management commissioner says crews that were fighting flooding were diverted to help battle the fire. THE CANADIAN PRESS

Long spring melt

Worst-case flood scenario avoided

The worst-case scenario for flooding in Saskatchewan has been avoided, in part because of the long, drawn out spring melt.

Water Security Agency spokesman Patrick Boyle says a lot of the snow — and there was record snowfall in some areas — was absorbed by the ground or evaporated.

The agency is still watching several lakes where levels have not yet peaked because water is still moving through the system.

Late Tuesday, the RM of Corman Park declared a local state of emergency, bringing the total to 14 communities under the designation. THE CANADIAN PRESS

Relocating to Sask.

Wait for health coverage waived for military families

The families of soldiers relocating to Saskatchewan from another province or territory will no longer have to wait for basic health coverage. THE CANADIAN PRESS

Musician holds concert to help flood victims

Saskatchewan-based musician Stephen Maguire belts his heart out at last year's Memory Lane flood-relief concert in Weyburn, Sask. Since 2010, Memory Lane has managed to raise $70,000 for those affected by flooding in the province.
JOE FOX/CONTRIBUTED

Raising funds. Says he wants to give back to audiences that have supported him from small-town Sask.

Buddy Holly and Bing Crosby will be doing their fair share to help Saskatchewan residents affected by flooding as an event featuring their music is set to raise funds for those in need.

Stephen Maguire, Saskatchewan-based musician and organizer of the concert, titled Memory Lane, will be highlighting music from famous crooners through the '40s, '50s and '60s.

"People are hurting in smaller communities where I have played shows, and people have come out and supported me, so I just feel it's the least we can do to give back a bit," said Maguire.

"I always say, if our audience is hurting, we need to look after them."

Maguire said he decided to hold the concert roughly seven days ago, but despite the small amount of time to organize the show, he said he was blown away by the response he got from community members in Saskatoon who were willing to help.

"It never ceases to amaze me, to be honest with you, the level of support in this community," he said.

"There's one thing having an idea, but it's another thing when everyone else says, 'Yeah, we're with you.' It's one of those things where it seems like thank you is not enough."

Maguire said although there is no set goal for how much money the concert is hoping to raise, tickets are already selling fast.

"As far as funds go, with anything I do on this kind of level, if we affect one family in a positive way we've done our job."

Wednesday's concert will take place at Mayfair United Church in Saskatoon, with doors opening at 7 p.m. and music starting at 7:30 p.m. Tickets are $20 and can be found at McNally Robinson on 8 St. E., or at picatic.com.

MORGAN MODJESKI/METRO

What was your worst summer job ever?

We've all had them — those warm-weather work arrangements that turn out to be less than ideal. Well, summer-job season is upon us again and Metro hit the streets on Tuesday to hear some horror stories.

JEFF MACKEY AND MORGAN MODJESKI
Metro

Elicia Gordon, 27, program officer, Saskatoon

"I was a dishwasher at an Italian restaurant in the heat of summer with no air conditioning. It was scraping hot cheese off of hot dishes in the summer. It was the worst."

Scott Benson, 31, interactive designer, Regina

"I bagged ice at an ice plant for a summer, that was really monotonous physical labour.... You'd think it would keep you cool, but it is surprising how hot you'd get moving all that ice around."

Gillie Chartier, 24, bistro employee, Saskatoon

"The worst was probably the first: It was picking up crabapples in my family friend's backyard, and he had a big backyard and big crabapple trees. It was just disgusting, they would fall on the ground and then they would mould."

Rathana Chhuon, 31, IT analyst, Regina

"Mine would be when I was a summer carny travelling from one exhibition to another. You get to see Canada but it was 16-hour days and a whole lot of drama."

Iryna Legka, 27, management consultant, Regina

"I can say that when I was locked in an office writing research and helping my professor write his PhD for three months, I did not see outside for a very long time."

Jordan Hittel, 24, mechanical designer, Saskatoon

"The worst summer job that I've had was probably driving around in a tractor, cutting ditches for an RM (regional municipality.) Just being alone for that extended period of time in a tractor travelling at a very slow speed."

Sask. to address mental-health, addiction issues

The provincial government is developing a multi-ministry action plan to build up services offered for people living with mental-health problems and addictions.

The plan will create initiatives for mental-health and addiction services, and will be formed by the health, education, justice and social services ministries of the government.

It will also include outside agencies.

"Mental health isn't just an issue for health, which is typically how we viewed mental health in the past," Health Minister Dustin Duncan said on Tuesday at the Canadian Mental Health Association's offices in Regina.

The plan will involve input from patients, to try to understand how the situations of those suffering from mental health and addictions can improve.

"We have been asking for a plan for mental health and addictions in the province for many years," said Dave Nelson, executive director of the Canadian Mental Health Association in Saskatchewan.

"When they are into the health-care system, it's beyond the point of being able to prevent them from actually having to access the system."

Initiatives that Nelson wants to see include more resources for counselling, as well as a focus on educating youth so mental health can be recognized and the stigma around the issues can be dealt with.

The plan will look into a broad range of issues, including anxiety, suicide, schizophrenia and depression, which Nelson said can be easily treated but is usually not recognized.

"A large part of that is because of a lack of understanding about depression and the stigma that goes with it," he said.

The action plan and recommendations are slated to be completed by the fall of 2014.

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Should cops have found missing women sooner?

Tough questions.
Cleveland police under scrutiny after rescue of captives who vanished almost a decade earlier

One neighbour says a naked woman was seen crawling in the backyard of the house a few years ago. Another heard pounding on the home's doors and noticed plastic over the windows.

Both times, police showed up but never went inside, neighbours say. Police also paid a visit to the house in 2004.

Now, after three women who vanished a decade ago were found captive at the house Monday, Cleveland police are facing questions about their handling of missing-person cases and are conducting an internal review to see if they overlooked anything.

City Safety Director Martin Flask said Tuesday that investigators had no record of anyone calling about criminal activity at the house but were still checking databases.

The women were rescued after one of them kicked out the bottom of a locked screen door and called 911. Neighbour Charles Ramsey heard the woman screaming and helped in the rescue.

"Help me. I'm Amanda Berry," the woman breathlessly told a dispatcher in a call that exhilarated and astonished much of the city. "I've been kidnapped and I've been missing for 10 years and ... I'm free now." Berry, 27, Michelle Knight, 32, and Gina DeJesus, about 23, had apparently been held captive in the house since their teens or early 20s, said Police Chief Michael McGrath. Three brothers, ages 50 to 54, were arrested. One of them, Ariel Castro, owned the home. No immediate charges were filed. A six-year-old girl believed to be Berry's daughter was also found, said Deputy Police Chief Ed Tomba. He would not say who the father was.

Ariel Castro

Pedro J. Castro

Onil Castro

Amanda Berry, right, hugs her sister Beth Serrano after being reunited in a Cleveland hospital Monday. Berry and two other women were found in a house in Cleveland Monday after being missing for about a decade. THE ASSOCIATED PRESS/FAMILY HANDOUT

The women were reported to be healthy and were reunited with family but remained in seclusion.
THE ASSOCIATED PRESS

Aug. 23, 2002

Michelle Knight, 20, vanishes. She was last seen at a cousin's house.

April 21, 2003

Amanda Berry, 16, disappears after leaving her job at a Burger King.

January 2004

Police go to Ariel Castro's home about three miles from where Knight and Berry were last seen. No one answers the door.

April 2, 2004

Georgina "Gina" DeJesus, 14, disappears while walking home from school.

May 6, 2013

Knight, Berry and DeJesus are found at Castro's home. Police arrest three brothers, Ariel, Pedro and Onil Castro, in connection with the disappearances.

WANTED
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Now that the snow's all gone, I'm looking for someone to play catch with. If you're looking for a spring workout buddy, look no further!
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Acadia University

Recent grad dies while vacationing in Mexico

Acadia University is mourning the loss of a student vacationing in Mexico.

A spokesman for the Nova Scotia school confirmed to Metro on Tuesday night that a recently graduated student had died in Cancun. Few details were provided, including the student's name.

"I am deeply saddened to inform our campus community that one of our graduating students passed away suddenly this morning while on vacation in Cancun, Mexico. We have few details about the circumstances at this time," Scott Roberts told the King's-County Register.

In an email to Metro, Roberts said the incident occurred on a privately-organized vacation and wasn't associated with the university.

The student was among a group of graduates on the trip. The remaining students are scheduled to return by the end of the week. METRO

Senate big spenders on the hook for big bucks

Two senators will be asked to reimburse taxpayers for large sums after an audit of their expenses, according to a source familiar with the results of the investigation.

Sen. Patrick Brazeau, who sits as an independent, will be asked to pay back about $30,000, and Liberal Sen. Mac Harb owes the government more than $100,000, the audit reportedly indicated.

Internal Senate committees are expected within the next two days to debate whether the audit findings should be passed on to the RCMP for possible investigation, the source said.

The report is the latest development in the uproar over spending by senators on housing and travel expenses.

The independent forensic auditors have asked for more time to examine the travel expenses of Conservative Sen. Pamela Wallin. Wallin has reportedly already repaid a considerable sum to the government in connection with questionable expenses. But the investigation of her claims is not over, the source said.

Sen. Patrick Brazeau
THE CANADIAN PRESS FILE

Conservative Sen. Mike Duffy has also been investigated over funds he has claimed to pay his living allowance in Ottawa. But he reportedly returned more than $90,000 in expenses earlier this year after questions were raised about whether he should claim a cottage in Prince Edward Island as his principal residence. He has said he "may have been mistaken" in filling out forms about his principal residence.

Senators whose principal residence is more than 100 kilometres from Ottawa can claim living expenses to pay for the extra expense of staying in Ottawa for their Senate duties.

Harb and Brazeau's meal and housing costs were audited after questions were raised about their taxpayer-funded living allowances.

Both Harb and Brazeau have said they did nothing wrong in connection with their Senate expense claims. They could not be reached for comment immediately Tuesday.

A member of Wallin's office staff said the senator was not available Tuesday.

"She's not going to address any of this. The process is still ongoing," said Mark Fisher when asked about the Senate probe and whether Wallin had paid back expenses already.

"She's working with the auditors on any and all information they require. And that's about it until, finally, the process comes to an end."
TORSTAR NEWS SERVICE

Hava Samuels dances with her new husband, Paul Forziano, on their wedding day in Wading River, N.Y. BRUCE PRESNER/THE ASSOCIATED PRESS

Mentally disabled newlyweds can't share a bedroom

Paul and Hava.
Couple and parents have filed suit against group homes that won't let N.Y. state couple be together

With the beaming smiles of newlyweds, Paul Forziano and Hava Samuels hold hands, exchange adoring glances and complete each other's sentences.

Their first wedding dance, he recalls, was to the song "Unchained ... Melody," she chimes in.

They spend their days together in the performing-arts education centre where they met in Port Jefferson, N.Y. But every night, they must part ways. Forziano goes to his group home. His wife goes to hers.

The state-sanctioned non-profits that run the group homes are not allowing the couple to share a bedroom, but the newlyweds and their parents are challenging the restriction in a federal civil-rights lawsuit.

"We're very sad when we leave each other," Forziano says. "I want to live with my wife because I love her."

The couple had been considering marriage for three years before tying the knot last month, and they contend in their lawsuit that they were refused permission from their respective group homes to live together as husband and wife. The couple's parents are seeking a solution. THE ASSOCIATED PRESS

What's the problem?

The lawsuit contends Forziano's facility refused because people requiring the services of a group home are by definition incapable of living as married people. It says Samuels' home refused because it believes she doesn't have the mental capacity to consent to sex.

- Samuels says she fell for her future husband because he was funny; she particularly liked his "knock-knock" jokes.
- Samuels' eyes begin to well up with tears. "I'm not happy," she says. "We live apart."

Pentagon findings

70 sex assaults every day in U.S. military: Report

The sexual-battery arrest of the U.S. air-force officer who led the service's Sexual Assault Prevention and Response unit underscores how far the U.S. Defence Department has to go in addressing sexual crimes in the military.

A Pentagon report estimates that there are more than 70 sexual assaults involving military personnel every day.
THE ASSOCIATED PRESS

Gastric band surgery

Gov. had weight-loss procedure

New Jersey Gov. Chris Christie secretly underwent gastric band surgery in February to try to lose weight at the urging of his family. A tube was placed around his stomach to restrict the amount of food he can eat.
THE ASSOCIATED PRESS

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Tallying up the cost of boomerang kids

The parent trap. Report finds majority of boomers have stepped up to help support adult children

Along with reduced pensions, low returns on their savings and high debt, Canada's boomer generation is facing an additional burden as they ease into their retirement years — their "boomerang kids."

A report from TD Canada Trust suggests boomers are taking on more of the responsibility for their adult children struggling to attain financial self-sufficiency in the post-recession years of high youth unemployment and low wage gains.

The report, based on an online survey by Environics Research, shows a majority of boomers have stepped up to help support their adult children, and that as many as one-in-five say they would be prepared to put their own financial security at risk to help out.

The number one way of helping out is providing free room and board, but also contributing to major purchases like cars or computers, helping pay for rent and groceries and of course, paying off credit card bills.

"Today high youth unemployment, increasing post-secondary education costs and high property prices mean many young people are more likely to rely financially on their parents well into adulthood," said John Tracy, senior vice-president of TD Canada Trust of the results.

But Tracy warns boomers there is a risk of doing too much, particularly if it jeopardizes retirement plans.

Other studies have noted that with more than 60 per cent of Canadians not having a company pension plan to fall back on, many pre-retirees have not saved sufficiently to maintain anything resembling their current lifestyles. Some have chosen to work beyond traditional retirement years to maintain their standard of living.

At the other end of the age spectrum, young Canadians remain the most affected by the 2008-09 recession and the subsequent weak recovery.

THE CANADIAN PRESS

Youth unemployment

- At 14.2 per cent, youth unemployment remains more than twice that of other workers.
- But that does not tell the entire story. The 15-24 year cohort is the only age group that Statistics Canada calculates is still below the employment level that existed before the recession.

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Icon Jeanne Beker appears our curves with her new collection
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Daring to celebrate curves

A new homegrown publication is seeking to help elevate the profile of curvier women in the fashion world. Dare Magazine, an online offering for curvy women size 12-plus, has been launched by fourth-year Ryerson University fashion communications student Diana Di Poce. Describing herself as "plus-size all my life," Di Poce said she has long been interested in fashion and beauty magazines, but found representation of average-size women on their pages lacking. THE CANADIAN PRESS

Q1 results

WestJet stock drops over new capacity concerns

WestJet Airlines Ltd.'s "best ever" quarterly earnings were overshadowed Tuesday by a drop in its stock, as investors worried whether the airline will be able to profitably fill its planes as it increases capacity. Shares fell by as much as 13 per cent on the Toronto Stock Exchange, but recovered later in the day to close down $1.85 or 7.5 per cent at $22.87. THE CANADIAN PRESS

Market Minute

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Feds tell research council to focus on helping industry

The Harper government is telling the National Research Council to focus more on practical, commercial science and less on fundamental science that may not have obvious business applications.

The government says the council traditionally was a supporter of business, but has wandered from that mandate in recent years — and will now get back to working on practical applications for industries.

The council has become a loose web of individual fiefdoms, each pursuing its own goals, Gary Goodyear, minister of state for science and technology, told a news conference Tuesday. The result, he said, was an inflexible agency that lost its ability to respond to the needs of industry. He said the revamped agency will concentrate on industrial research, new growth and business development.

THE CANADIAN PRESS

Gary Goodyear, minister of state for science and technology, answers questions about changes to the National Research Council in Ottawa on Tuesday. THE CANADIAN PRESS

Retail. Loblaw launches targeted loyalty program

Canada's largest grocer has launched a new digital loyalty program targeting customers with individually tailored promotions and recipes in an effort to drive sales and reduce reliance on flyers.

The Loblaw program, called PC Plus, targets customers based on their purchase histories, offering discounts on items they buy often and deeper discounts on products they might be interested in, but need some incentive to try. The program will draw up grocery lists for customers and send them recipes for meals based on what they like and what's on sale, said Uwe Stueckmann, senior vice-president, marketing, for Loblaw Companies Limited.

"We really believe that PC Plus is a groundbreaking new way to look at loyalty," said Stueckmann. The program will be rolled out across Loblaw Cos. banners this year, including Joe Fresh but not No Frills or Maxi.

Customers can download a free app to participate, sign up in store or register using their PC Financial Services card.

TORSTAR NEWS SERVICE

Astral hearings

Force Bell to sell Movie Network (so we can buy it), Rogers tells CRTC

Bell should be forced to sell Astral's Movie Network pay TV service if the CRTC is going to allow the $3.4-billion revised merger of the two companies to go ahead, Rogers Communications Inc. said Tuesday. However, Rogers also told a hearing reviewing the proposed deal it would like to buy Astral's Movie Network for itself. THE CANADIAN PRESS

VIRTUAL REALITY BITES, TOO

JUST SAYIN'

Paul Sullivan
metronews.ca

What would you do if you found out someone was calling you a lying, cheating, perverted, sex maniac pedophile all over the Internet?

If all of this made-up propaganda was having a real impact on your career as a teacher?

If someone posted pictures of you naked on your own Facebook page?

What would you do if there was nothing you could do?

Welcome to Lee David Clayworth's nightmare. He's a 35-year-old Vancouver teacher who, back in 2010, was in a relationship with a woman named Lee Ching Yan when he was teaching in Malaysia. After a few weeks, she seemed increasingly vindictive and controlling, so he broke up with her — thereby driving his life into the ditch.

He says his former girlfriend broke into his apartment and swiped his laptop and hard drive — as well as his passport, money and all his clothes. That was bad enough, but it wasn't long before two and a half years of online harassment began.

It's not hard to find verification for his accusation. Even today, the first reference that comes up when you Google Lee David Clayworth is a post on something called liarscheatersrus.com accusing him of cheating … adding that he has a nasty STD to boot.

Clayworth sued Yan for defamation in Malaysia — and won. But that did nothing to stem the cyberbullying ruining his life. So he's taken to telling his story to the media, and now the defamation is tempered by numerous defenders rushing to his aid.

Still, it's going to take a while before his worldwide-web reputation is restored. It would help if he could find his tormentor, but she could be in Australia. Or not. He doesn't know where she is. All he knows is that she's still wreaking havoc.

You could argue you should never post nude pictures of yourself anywhere. Don't even get naked. Stay fully clothed. As we've all learned, your private stuff is not really private when phishers and hackers are determined to steal it. Lee David Clayworth probably learned that lesson nearly three years ago. He doesn't really need to keep learning it.

As for the rest of us, we're all learning, day after day, that the Internet is a new and powerful way to hurt other people. Malicious trolls and bullies violate our private places and make our lives a living hell, especially if we're already vulnerable. Just ask Amanda Todd. Just ask Rehtaeh Parsons.

The guys who invented the Internet had no idea it was going to turn into an instrument of torture. Never mind that it's a great place to learn how to make a bomb.

It's probably too late for Lee David Clayworth — if you were a school principal, would you hire the star of liarscheatersrus.com, even if you knew he was falsely accused? — but law enforcement is moving in to end the wild freedom and anonymity that characterizes the Internet.

Too bad, but it turns out virtual reality bites, too.

ZOOM

A heartbreaking pic of staggering cuteness

COURTESY/WIRES

Koala left homeless

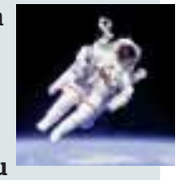
He came back, only to find his home gone. This confused koala was found last month atop shredded bark, where once his woodland habitat stood, in Vittoria State Forest, some 185 kilometres west of Sydney, Australia. A forestry worker reported the marsupial to wildlife rescue service WIRES, who sent a volunteer to rescue the animal. **METRO**

Recovering at the vet before return to wild

The young sub-adult male koala was discovered with an eye infection, and was brought to a local veterinarian where he spent a few days in care. After his eye fully healed, the animal was released into a nearby koala habitat. "My feeling is that I am glad we were able to rescue the koala and take it into care in good time," WIRES general manager Leanne Taylor told Metro. **METRO**

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca



With Chris Hadfield's adventures in space making headlines in recent months, space exploration has gained a new dose of respect (and even a few new songs). If @Cmdr_Hadfield's 140 characters aren't enough to satiate your appetite, you can fill the black hole with these space blogs.

Bad Astronomy:

Formerly found on Discovery Magazine's website, Phil Plait's Bad Astronomy blog has now landed on Slate. Having worked on the Hubble telescope for 10 years, Plait knows a thing or two about the stars — and regularly debunks popular space myths.

Space:

Home to all things out of this world, Space.com posts accessible videos, graphics and articles about skies, stars and the search for life. If you don't care to read about the stars, at least visit for the photos (and maybe you'll stay for the articles).

Basic Space:

Scientific America's space blog — cleverly named Basic Space — decodes space and astrophysics research. Don't really understand bosons? Me neither, but I do now thanks to writer Kelly Oakes (apparently, Margaret Thatcher was ahead of us on this and very clearly knew about the W Boson).

Letters

RE: Where Does Religion Fit In?, published May 6

I feel compelled to expand upon the writer's argument supporting a "hands-off" approach to her child's religious education by asking a few additional questions.

Why teach our children anything? Surely our kids would be better off never learning to read. Isn't that the only way to prevent them from being exposed to negative media, unfriendly text-messages or emails, or the need to count calories in food to the chagrin of their self-image?

Of course the fallacy in this argument is self-evident. We as parents have an opportunity (and responsibility) to provide our children with the tools and confidence to excel within society. This means investing in every aspect of their physical, emotional, intellectual and spiritual upbringing.

To overlook the good within religion amidst the bad is to throw the baby out with the baptismal water. Embracing religious illiteracy offers no protection, no comfort, and no direction. And it offers no assurances of a healthy development fuelled by personal choice, popular opinion and a world of relative truth.

What it does offer is an easy-way-out-approach to a common problem … one that may not prove so easy in the end. Kudos — of course — on a very thought-provoking article. Best wishes to each parent on their own journey.

Gregory Day, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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Leonardo DiCaprio and Carey Mulligan star in the latest film rendition of The Great Gatsby. HANDOUT

Difficult finding the Great when it comes to Gatsby on big screen

New movie. Capturing the mood of one of the best books of the last 100 years has proven exceedingly difficult for filmmakers

IN FOCUS
Richard Crouse
scene@metronews.ca

F. Scott Fitzgerald's The Great Gatsby is one of the best-known novels of the 1900s. Dubbed one of the two best books of the last century by The Modern Library, these days Gatsby may be more familiar as the movie that reestablished Vincent Chase's career on the show Entourage.

On the HBO series, Chase (Adrian Grenier) was a fast-fading movie star until Martin Scorsese cast him in a movie based on the book. That fictional film became a big hit and put Chase back on top of the Hollywood heap.

This weekend The Great Gatsby comes to the big screen for real when Moulin Rouge director Baz Luhrmann unleashes a 3D version of the story starring Leonardo DiCaprio and Carey Mulligan.

It's not the first time the life and times of doomed Jazz Age millionaire Jay Gatsby has appeared in theatres.

In 1926, just one year after the book was published, a silent movie starring William Powell was released. The movie was popular with audiences but at least two paying customers weren't impressed.

Scott Fitzgerald and his wife, Zelda, walked out of a screening. Later an incensed Zelda wrote to her daughter, "We saw The Great Gatsby in the movies. It's rotten!"

A 1949 film noir version spun the story to fit its lead actor. Movie tough guy Alan Ladd — billed as Ladd: Man of Violence and Mystery — stars in a cautionary tale about learning "the hard way about the wages of sin."

To play up to Ladd's core audience he's seen firing a machine gun in a story that focuses on Gatsby's violent history as a bootlegger. Despite Ladd's fame and passion for the project (he personally convinced Paramount to make the film), the movie was not a success, and was eventually withdrawn by the studio. To this day it's still hard to find a copy.

The most famous version to date starred two of the biggest stars of the 1970s: Robert Redford and Mia Farrow. Working from a script by Francis Ford Coppola — who lived in F. Scott Fitzgerald's home while he wrote the screenplay — the movie stays true to the novel. Embellished by beautiful set design and lush costumes, it's a treat for the eyes, but received tepid reviews. The New York Times wrote, "the movie itself is as lifeless as a body that's been too long at the bottom of a swimming pool."

The last women standing on American Idol

It hasn't been an easy road for the three final American Idol contestants.

Candice Glover was twice rejected by the show before making it to the final three. Kree Harrison chased her dream for so long in Nashville, she thought it might be time to give up. And Angie Miller sang a stirring dedication following the Boston bombing. Now the three will duke it out Wednesday on Fox as one is crowned the winner on next week's finale. Here are their stories.

THE ASSOCIATED PRESS

Candice Glover

The third time has been the charm for Candice Glover. She made it past the first round of American Idol auditions in Season 9 and Season 11, but didn't make it to the semifinals. This season, her slow, burning, powerful version of The Cure's Lovesong was called the greatest performance ever on the show by judge Randy Jackson.

Angie Miller

Angie Miller's poise and confidence seem as effortless as her high notes. One of her most rousing Idol performances came after the Boston Marathon bombings, when she dedicated the song I'll Stand by You to "my home, Boston."

Kree Harrison

American Idol finalist Kree Harrison has a piece of advice for aspiring contestants.

"You have to know who you are because if you don't, it's even harder."

The native Texan has spent the last 13 years in Music City chasing the dream, and part of that long journey has been maintaining her personal vision as an artist. That vision has landed her as one of three finalists on Idol.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Vonn and Woods take their romance public

Well, lookie here. Tiger Woods and Lindsay Vonn went out as an "official" couple.

The sports duo showed up together at the annual Costume Institute Gala at the Metropolitan Museum of Art in NYC on Monday night.

But according to Us Weekly, their big night out wasn't without its problems, as Woods maybe had a little too much to drink.

At the gala's after-party at the Standard Hotel, the two did get handsy with one another (an onlooker tells the magazine they "chatted, drank, held hands and kissed for much of the night.") But then around 2 a.m., a "seemingly tipsy" Woods fell on the ground and didn't move until Vonn helped him up.

Seems like an excellent ending to a first outing to me.

METRO WORLD NEWS

Mariah Carey and Nick Cannon

This isn't Love and Hip Hop

In an appearance on the KTLA Morning News, Nick Cannon defended his wife Mariah Carey and her on-going feud with co-judge Nicki Minaj on American Idol.

"My wife (had) foreseen all this. She tried to tell the network, 'I don't think this is going to work. I'm afraid ... I don't need this.'" Cannon said Carey warned that pairing her and Minaj on the same panel was "taking it in the wrong direction, because this is going to turn into one of those reality shows. She's like, 'I didn't sign up to be on Love and Hip Hop.'"

But that doesn't mean Carey is letting the fighting bother her. Per Cannon: "She comes home and just doesn't have time for it. She's too busy trying to be the world's biggest superstar-mom."

Lauryn Hill

Lauryn Hill's going to jail

Looks like blaming slavery isn't enough to keep Lauryn Hill out of jail. In addition to having to pay a $60,000 fine, the singer was sentenced yesterday in Newark, N.J. to three months of prison, three months of house arrest, and nine months of supervised release for not paying taxes on the $1.5 million she made from 2005 to 2007. "I am a child of former slaves who had a system imposed on them. I had an economic system imposed on me. I sold 50 million units (and) now I'm up here paying a tax debt. If that's not likened to slavery, I don't know what is," she told the judge in her defence. (The judge was not swayed.)

"I had an economic system imposed on me." Is Lauryn Hill going to be the new spokesperson for the Tea Party? Better not tell her about Obamacare or else she's really going to flip.

Ja Rule

Rapper Ja Rule leaves lockup after serving time for tax conviction

Federal authorities say platinum-selling rapper Ja Rule has left federal prison.

The Federal Bureau of Prisons says he left a correctional facility in New York's Adirondacks on Tuesday, though time remains on his sentence.

The bureau says the release date for the 36-year-old rapper, whose real name is Jeffrey Atkins, technically remains July 28, with possible community-based supervision for the balance.

TMZ reports his wife picked him up and that he'll remain in home confinement until then.

Ja Rule had served most of a two-year sentence for illegal gun possession in a New York state prison before his release in February and subsequent transfer into federal custody in the tax evasion case.

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In Oregon's Stumptown (one of Portland's nicknames, evoking a bygone era of rapid land development and tree-cutting) living thrifty is living well. And there's plenty of free things to do around town.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 Free things to do in Portland

Powell's City of Books

Step back into the foggy mists of yesteryear — OK, maybe just a decade or two — when bookstores were still a viable enterprise. If Portland, as television's Portlandia suggests, does keep alive the dream of the '90s, then Powell's is its muse. People-watch, browse away or curl up in one of the comfy chairs. The block-long bookstore is a mainstay on tourism guides. It's a haven for used, out-of-print, rare or autographed books.

Forest Park

Five thousand acres (2,023 hectares) of rolling hills, fire lanes and the simple stillness of the Oregon wild are within city limits, less than a 10-minute drive from downtown Portland. The park is best enjoyed by a slow amble up the Wildwood Trail, with creeks bubbling and chipmunks chittering under a shady conifer canopy. Only a short drive away is Washington Park, home to the International Rose Test Garden, with more than 10,000 rose plants.

Farmers Markets

For the daring, the curious and the shameless, Portland's farmers markets mean one thing: free tastes. Perhaps it's the Rogue River Blue Cheese at the Thursday market in Northwest. Or perhaps the carnivores in your group will make for the beef and chicken of Viridian Farms, darlings of the local restaurant scene. Samples of almost everything are made bite-sized and jammed on a toothpick, and markets can be found nearly every day of the week, anchored by the massive Saturday Market downtown.

Old West architecture

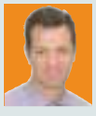
With all the flannel, unicycles and pour-over coffee, it's easy to forget that Portland was once an Old West town, a fact reflected in its architecture if you're willing to look hard enough. The best example is the Pioneer Courthouse downtown, the oldest federal building in the Pacific Northwest. The dark wood of its halls, constructed in 1869, make it a quiet refuge from the busy, adjacent courthouse square. Six blocks east bring you to The Lotus, opened as a "soda bar" during Prohibition (yeah, right) built underneath the Lotus Hotel, a reputed brothel.

Used stuff

Buffalo Exchange, the used clothing store chain, at *those* prices? Never. The most Portland part of Portland, the one that inspires the jokes, is on Hawthorne Boulevard, where you'll find House of Vintage, Red Light Clothing Exchange and half a dozen others. It's not just recycled clothing that sets this city apart. But you don't have to spend anything to take in the scene: browsing is free and people-watching is a sport.

Newfoundland

Seamus O'Regan talks The Rock



ON THE MOVE
Loren Christie
life@metronews.ca

Seamus O'Regan, former co-host of Canada AM, is a broadcaster, writer and proud Newfoundlander. I recently chatted with him about his home province and why it should be on every traveller's hit list.

What are the top three places people should visit in Newfoundland and Labrador?
Top of my list is the Torngat Mountains but that is so far north in Labrador, part of Canada's newest national park. Very difficult to get there; tough and expensive. You need to get to Goose Bay and from there to Nain, where you will need a helicopter and a boat. That is a very aspirational destination.

I think Gros Morne is unbelievable. It's a slice of Norway that's been put into our country.

Signal Hill (in St. John's). There are very few cities in the world that have a national historic site and such a beautiful hike right in the city. My preferred route is up the hill by side of the road and then coming down the back along the cliff and into the city and then straight to the Duke of Duckworth.

Is that the best pub in St. John's?
It's my pub. The Duke was my home away from home. Allan Hawco (lead actor on the CBC's Republic of Doyle) is more of aficionado. They replicated the Duke on a sound stage for the show. It's a genuine Newfoundland pub, the real deal. Owners are amazing.

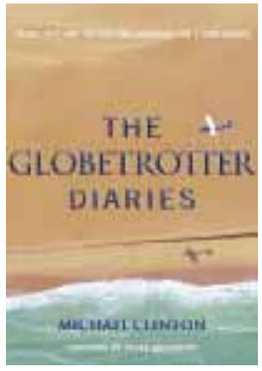
When is the best time to go?
I like early July because that's when the iceberg season is meeting the whale season. Icebergs making their way down the Eastern seaboard and whales coming up. My friend Stan Cook has a sea kayaking operation in Cape Broyle that is legendary. To be on the surface of the water and see an iceberg and a whale — by the way it is exceptionally safe — is the most extraordinary feeling.

Beautiful Newfoundland. FLICKR

Travel tips from a bona fide Globetrotter

Pro pointers. Hearst Magazine publisher and 'travelaholic' Michael Clinton shares his advice for making your vacation great

MEREDITH ENGEL
Metro World News in New York



According to Michael Clinton, Paris is a bucket list must-see. ISTOCK

As the president and publishing director of Hearst Magazines, Michael Clinton does more than hop on flights for work. He's a self-described "travelaholic."

And in his new book The Globetrotter Diaries, which he bills as hybrid travel guide and memoir, he shares his travel tips coupled with insider insights on his favourite destinations. With summer right around the corner, we asked Clinton to share some of his insider knowledge with the rest of us.

Fly early

"Take the earliest flight out to avoid delays in traffic, security and flight departures," says Clinton. "That 6 a.m. flight might mean a brutal wake-up call in the middle of the night, but you'll know that your airplane is there and it'll be one of the first flights out before the airport gets too congested. You'll have no traffic and you'll get through security faster."

Bring your family into planning

Make sure that there is something for everyone while planning your vacation. "An unhappy teenager can ruin any vacation," he notes. "I've heard too many stories from parents who had a miserable trip because they were interested in visiting a place, but their kids didn't want to go there."

Go with the flow (but have a backup plan)

Embrace your inner globetrotter and see where your travels take you. "Half the fun of travel is the unexpected," he says. But some surprises aren't always welcome: Be sure to "read the fine print for extra charges" as well as "always have a Plan B, as a plan can oftentimes fall apart."

Quoted

"An unhappy teenager can ruin any vacation. I've heard too many stories from parents who had a miserable trip because they were interested in visiting a place but their kids didn't want to go there."

Michael Clinton, author of The Globetrotter Diaries

Get points

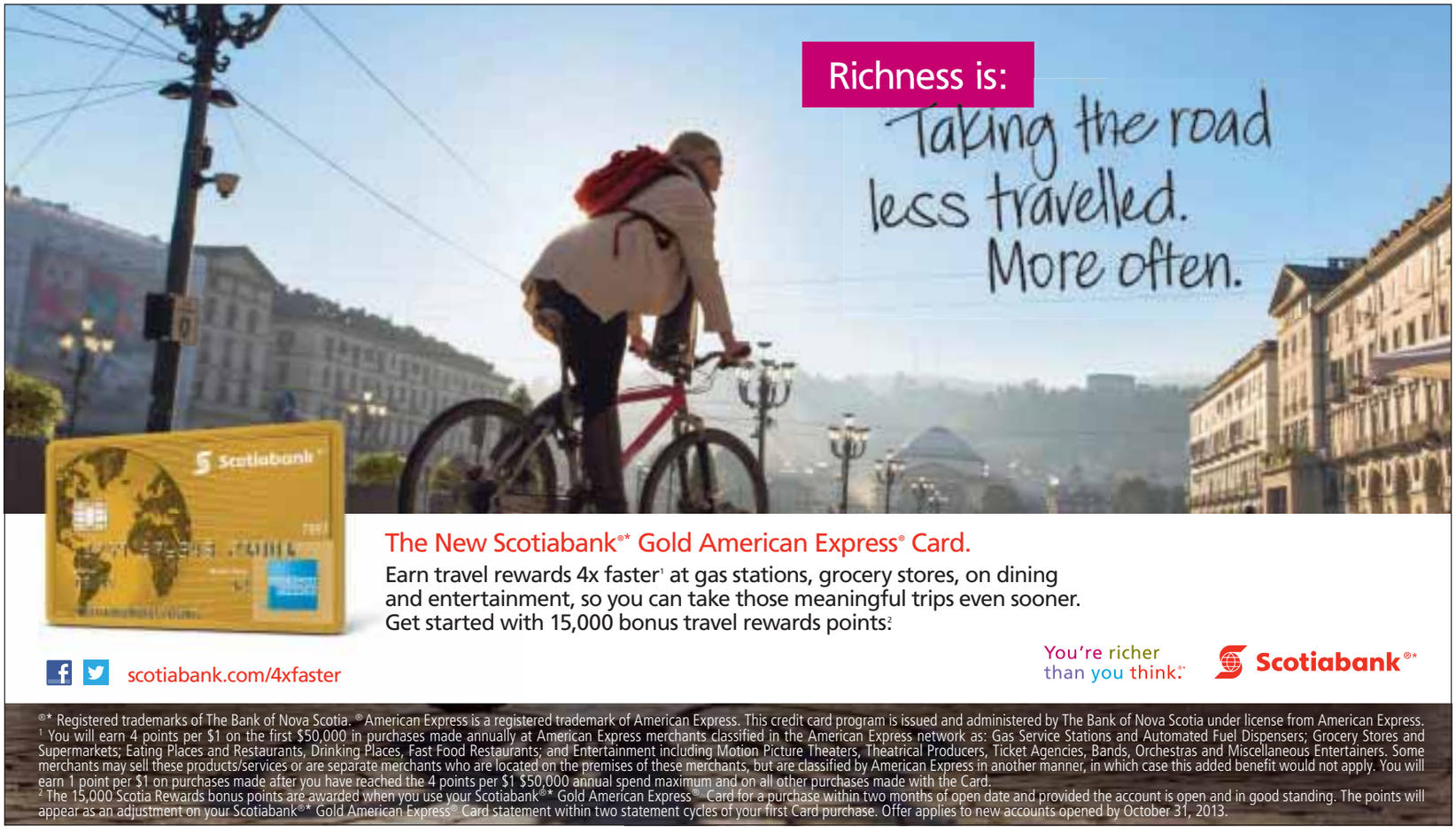
"Build on your favourite airline premium status for upgrades, faster boarding and special treatment."

Pack light

"Carry on at all times, regardless of how long you will be away. Think black, think washables."

Michael Clinton's top spots to see before you die

Paris, France
Santa Fe, N.M.
Antarctica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[2] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® Card statement within two statement cycles of your first Card purchase. Offer applies to new accounts opened by October 31, 2013.

Hollywood and Vine. California's wineries aren't just for the drinker

The entrance to Francis Ford Coppola's winery. THE ASSOCIATED PRESS

Sometimes visitors to MacMurray Ranch, the 1,500-acre (600-hectare) spread owned by movie and TV actor Fred MacMurray for a half-century, want to know: Where's the heliport? Where's the screening room?

Kate MacMurray, Fred's daughter, just smiles. "This was our home," she explains.

What visitors will find at the ranch is a place that's not much different than when the MacMurray family lived there, right down to the rocking chair with the wide flat arms just right for holding the actor's drink as he sat reading the paper in the evening, close enough to the window to keep an eye on the Black Angus cattle he raised.

MacMurray and his wife, actress June Haver, bought the ranch in 1941. The MacMurrays used it for diversified farming during World War II and later raised cattle.

The MacMurray Ranch is now owned by the Gallo wine family and open to the public only during the Sonoma Wine Country Weekend in August, but it's one of several California wineries with celebrity connections, including wineries owned by Godfather director Francis Ford Coppola, the late Davy Crockett star Fess Parker, and the late Perry Mason star Raymond Burr.

MacMurray, star of such classics as Double Indemnity and The Apartment, and later the star of the popular TV series My Three Sons, spent his free time at the ranch and was deeply involved in the local agricultural scene. Photographs displayed in the property's refurbished barn show the couple with their prize cattle (owners and beast looking very spiffy). There are also a series of historical photographs following the evolution of the ranch from hops and prunes to livestock and now vines.

"If you held a mirror up to our ranch what would reflect back is the whole history of agriculture in Northern California," MacMurray points out. "It's quite remarkable."

THE ASSOCIATED PRESS

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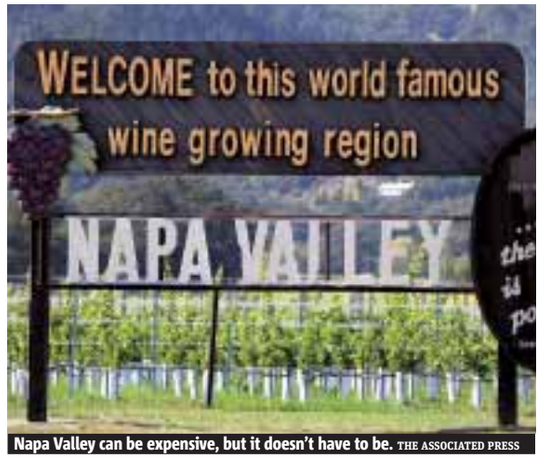
Napa, for next to nada

Wine and dine. There's still a few places to find some freebies in a destination known for its pricey offerings

There's plenty of art to be enjoyed in Napa Valley. THE ASSOCIATED PRESS



Napa Valley can be expensive, but it doesn't have to be. THE ASSOCIATED PRESS

Love the lush and lovely Napa Valley but hate how expensive it can be? You're not the first. In the late 19th century, writer Robert Louis Stevenson moved his honeymoon to the rustic but free setting of an abandoned mining camp when the $10-a-week going rate for Calistoga hotels proved too much for his slender purse.

You're not likely to find free lodging today, but there are a number of things you can enjoy.

The scenery

There are two main ways to see the Napa Valley by car.

Highway 29 is a straight shot from the south end of the valley — marked by the famous Grape Crusher Statue — through Napa, Yountville, Oakville, Rutherford, St. Helena and Calistoga. Along the way are dozens of restaurants and wineries, including the Robert Mondavi Winery and Inglenook, the winery restored by director Francis Ford Coppola. Be aware traffic gets heavy at rush hour and slows to a crawl when there's a big event going on, such as the annual wine auction held the first weekend in June.

To reach the Grape Crusher Statue from Highway 29 (heading north from the San Francisco Bay area), turn left onto Soscol Ferry Road, continue on Vista Point Drive, then continue onto Napa Valley Corporate Drive and then right at the statue.

The other driving option is the Silverado Trail, which is most easily picked up by taking the Trancas Street exit from Highway 29 in Napa and then turning left when you see the sign for the Silverado Trail. The trail more or less runs parallel to Highway 29 but is quieter, winding through green vistas of vineyards and rolling hills. Wineries along this route include Mumm Napa Valley.

Wineries

The days when winery owners routinely poured their wares for free are no more, although several wineries offer two-for-one tasting coupons (check online before you visit), and others will waive tasting fees if you buy a bottle to take home. But every offering tariff-free tasting. That would be Sutter Home Family Vineyards — the people who introduced America to white zinfandel in the 1970s — in St. Helena. Stop by the charming tasting room on Highway 29 in St. Helena (277 St. Helena Highway) and taste up to four wines free from the eight-wine tasting menu, which includes a zinfandel port.

Markets

The Napa Valley is famous for fine dining and you can watch some of the city's top chefs plying their trade at the Napa Chef's Market, a free weekly event on Thursday nights in downtown Napa. Traffic is rerouted so the market is like a big street party. There are two cooking demonstrations at 6:30 p.m. and 7:30 p.m. where you can watch the food being made and then enjoy a taste when it's done.

Hikes

The Land Trust of Napa County offers free hikes most weeks between April and November exploring the wild side of the valley. Go online to see the hikes planned for this year. Advance registration is required and some of the hikes are quite strenuous.

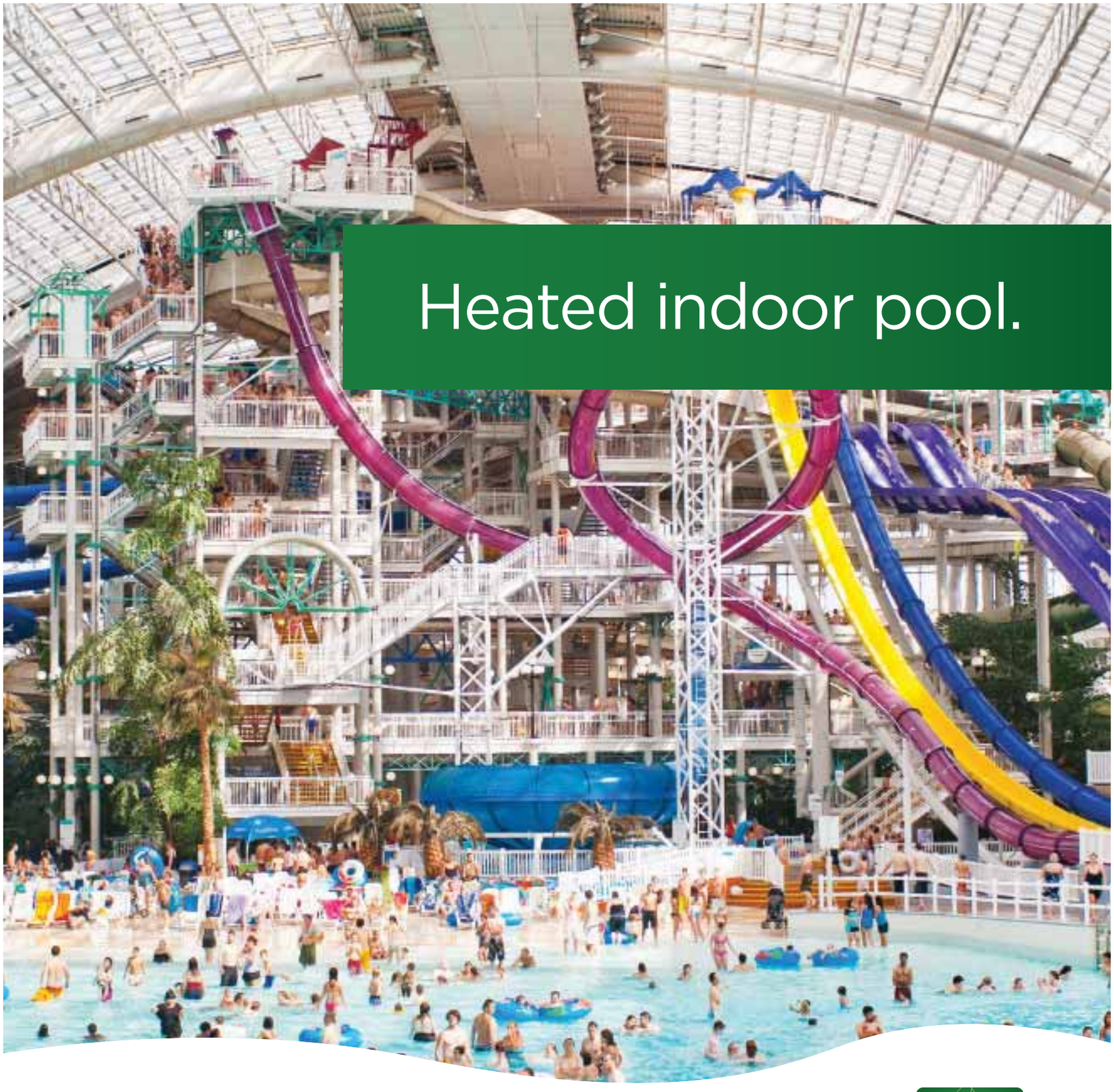
Artful touring

More than 75 wineries have art on display all year long. Some of the places to see free art anytime include The Hess Collection's contemporary art museum, featuring works from the private collection of owner Donald Hess (4411 Redwood Road, Napa, 10 a.m.-5 p.m.), and The Baron Wolman Gallery at Markham Vineyards (2812 St. Helena Highway, St. Helena, open daily 11 a.m.- 5 p.m.), with photographs by Wolman, Rolling Stone's first chief photographer.

Stevenson State Park, which includes a five-mile hike one-way (eight-kilometre) to the top of Mount St. Helena, offering panoramic views of the valley and beyond. The park is about eight miles (13 kilometres) north of Calistoga on Highway 29; limited parking, no bathrooms.

The cabin where Stevenson and his bride dodged those pricey rack rates of 1880 is long gone, but a monument about a mile (1.6 kilometres) up the trail marks the area where the couple stayed.

THE ASSOCIATED PRESS



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First time cooking with lamb? Try this zesty lamb meatloaf

Ingredients

Meatloaf:
- 1 kg (2 lb) lean ground lamb
- 1/2 Spanish onion, diced
- 7 ml (1/2 tbsp) cracked black pepper
- 10 ml (2 tsp) cumin
- 2 eggs
- 175 ml (3/4 cup) bread crumbs

Pesto:
- 30 ml (2 tbsp) mustard seeds
- 30 ml (2 tbsp) fresh dill (or 15 ml/1 tbsp dried)
- 30 ml (2 tbsp) extra virgin olive oil
- 5 ml (1 tsp) sea salt

Glaze:
- 15 ml (1 tbsp) oil
- 125 ml (1/2 cup) onions, diced
- 125 ml (1/2 cup) red peppers, diced
- 250 ml (1 cup) red pepper jelly
- 125 ml (1/2 cup) beef stock

You may have to ask your grocery store or butcher for ground lamb but it's a good way to start if you've never cooked with lamb before.

1. For pesto: Put the mustard seeds, fresh dill, oil and salt in a mortar and pestle and "grind" to make a chunky paste-like mixture. (Use a food processor if you do not have a mortar and pestle.) Set aside.

2. For meatloaf: Preheat oven to 200 C (400 F). In a bowl, mix with your hands the lamb, onion, pepper, cumin, eggs and bread crumbs until just incorporated. Don't over-mix the meat.

3. Transfer the meatloaf mixture into a shallow pan. The meat should be wider than it is tall. Spread the pesto over the top. Put meatloaf into the oven on the middle rack. Bake for 50-60 minutes or until internal temperature reaches 68 C (155 F). Remove from oven and rest about 10 minutes.

Ground Lamb Meatloaf with Pesto and Red Pepper Glaze

This recipe makes 4 servings. THE CANADIAN PRESS

4. For the glaze, heat a heavy skillet to medium-high. Add oil, onions, red pepper and sauté until onions begin to brown. Add the red pepper jelly, stirring until the jelly melts down. Add stock and reduce heat. Cook until mixture has slightly thickened.

5. Slice the meatloaf, and pour warm red pepper glaze over each slice.

THE CANADIAN PRESS/LAMBRECIPES.CA

Drink of the Week

Grey Goose Sling

- 1.5 oz Grey Goose L'Orange Vodka
- 0.5 oz freshly squeezed lemon juice
- 0.5 oz simple syrup
- 2 dashes Angostura orange bitters
- 5 blackberries
- Top with Perrier sparkling water

Add Grey Goose L'Orange, lemon juice, simple syrup, bitters and blackberries to a shaker and shake well. Strain over ice into an old fashioned glass. Top with Perrier and stir through delicately. Garnish with skewered blackberries.

RECIPES & PHOTOS COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO

Impress dinner guests with an elegant Roasted Rack of Lamb

This recipe makes 4 servings. THE CANADIAN PRESS

1. Move oven rack to the centre position and preheat oven to 230 C (450 F).

2. In a large bowl, combine bread crumbs, garlic, rosemary, salt and pepper to taste. Toss in 30 ml (2 tbsp) olive oil to moisten mixture. Set aside.

3. Season the rack all over with salt and pepper. Heat 30 ml (2 tbsp) olive oil in a large heavy oven-proof skillet over high heat. Sear rack of lamb for 1 to 2 minutes on all sides. Set aside for a few minutes.

4. Brush rack of lamb with the mustard. Roll in the bread crumb mixture until evenly coated. Cover the ends of the bones with foil to prevent charring. Arrange the rack bone side down in the skillet.

5. Roast the lamb in preheated oven for 12 to 18 minutes, depending on the degree of doneness you want. With a meat thermometer, take a reading in the centre of the meat after 10 to 12 minutes and remove the meat, or let it cook longer, to your taste.

Ingredients

- 125 ml (1/2 cup) fresh bread crumbs
- 30 ml (2 tbsp) minced garlic
- 30 ml (2 tbsp) chopped fresh rosemary
- salt
- black pepper
- 60 ml (4 tbsp) olive oil (divided in half)
- 1 7-bone rack of lamb, trimmed and frenched
- 15 ml (1 tbsp) Dijon mustard

6. Let it rest for 5 to 7 minutes, loosely covered, before carving between the ribs.

Note: Allow internal temperature to be 5 to 10 degrees F less than you like because the meat will continue to cook while it sits. Bloody rare: 46 to 51 C (115 to 125 F). Rare: 51 to 54 C (125 to 130 F). Medium rare: 54 to 60 C (130 to 140 F). Medium: 60 to 65 C (140 to 150 F).

THE CANADIAN PRESS/LAMBRECIPES.CA

Easy one-pot meal. Moroccan Lamb Stew

Ingredients

- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) allspice
- 1.6 kg (3 1/2 lbs) lamb shoulder, cut into 1-inch pieces
- 30 ml (2 tbsp) olive oil
- 500 ml (2 cups) onions, chopped
- 3 cloves garlic, chopped
- 22 ml (1 1/2 tbsp) fresh ginger, minced
- 325 ml (1 1/3 cups) water
- 2 large blood oranges, peeled and sectioned
- 15 ml (1 tbsp) honey
- Salt and pepper to taste
- 50 ml (1/4 cup) fresh parsley

1. Mix salt, pepper, cinnamon and allspice in a medium bowl. Add lamb and toss to coat.

2. Heat oil in a large pot over medium heat. Add lamb to pot and sauté until brown on all sides. Add onion, garlic and ginger to pot and sauté 5 minutes. Add water and bring to a boil. Reduce heat. Cover and simmer until lamb is tender.

3. Remove from heat. Add blood oranges and honey. Season with salt and pepper. Garnish with parsley and serve.

THE CANADIAN PRESS/LAMBRECIPES.CA

Taking on the challenge of change

Where do you go from here? A major transition is on the horizon, and it's how you handle it that might just determine your destiny

ASHLEIGH TRAHAN
TalentEgg.ca

You're saying adios to one stage of your life and facing an uncertain future, which is both exciting and terrifying. How will you manage it? ISTOCK

Going from a student to a fully formed adult can be a rocky transition. It's a stressful time filled with lots of changes: moving, job hunting, and saying goodbye to college friends as you go your separate ways.

As the old saying goes, the only thing that's certain in life is that things are going to change, so increasing your adaptability now will serve you well when you encounter unexpected life events down the road. So how do you deal with change? Here are a few tips:

Accept that you can't control everything

Things may not pan out exactly as you had envisioned for your career and life post-graduation. Your identity is in transformation mode, so things we were sure about in the past (friends, your career) now aren't so clear. While the unknown can be scary, there is also such a joyful sense of opportunity about what's next. Daydream about the possibilities that are to come, or create a collage to act as your vision board. Optimism about what your future holds can be a real mood booster.

Enlist your friends and family for support

You're not the only one who's going through the transition after leaving school, so don't go it alone! Talk to a friend, family member, or a mentor you admire about what you're going through.

Sometimes you need a cheerleader in your corner, who will encourage you when you feel like you're stuck or overwhelmed. If you feel like you are better at expressing yourself through writing, keep a journal to keep tabs on how you're feeling.

Take action towards building your future

Now that you've left school, you have whole world of possibilities ahead of you. How can you start working towards your goals today? Perhaps you're not in your dream job immediately upon graduation, but that's okay (and pretty common!).

What small, obtainable steps can you take today to start working towards your goals? Taking action can be the best way to move forward during this transformational time; it will help you avoid feeling stuck or helpless.

As Maya Angelou said, "If you don't like something, change it. If you can't change it, change your attitude."

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Be kind to yourself

Sometimes when we're going through a rough transition, we forget to be kind to ourselves.

- Be conscious of your thoughts, and choose to be as positive and grateful as you can. If you're having a rough day and feel like this whole adulthood thing is too overwhelming, schedule some time for an activity that makes you feel nourished and positive, like going to a yoga class or reading a good book. Taking some time to relax can help relieve some of the stress that comes along with the hectic pace of change.

Have you noticed that the temp is rising?

Short and sweet. Who knew that the shortest posts could have the greatest impact?

LAURA VAZQUEZ
TalentEgg.ca

Always look at temporary work as a potential long-term position. This is your way to showcase your talent and individuality. ISTOCK

Have you considered what a temporary opportunity can offer you as a student or recent graduate? Temporary or contract work is often dismissed as precarious employment, but it can provide students and recent graduates with the opportunity to gain work experience, build their professional network and get a foot in the door in their industry. Temporary can mean anything from specialized projects looking for a specific skill-set, to personal leave coverage and vacation coverage.

"An assignment can range from days to several months," says Julie Chandler, division director of Accountemps. "Many (people) actually like the flexibility. If you're looking for a temp-to-full-time benefit, a lot of organizations use this opportunity to evaluate the person to see if they can be a long-time fit for the company. This includes evaluating an employee from a personality perspective but also from a skill perspective."

According to Chandler, there are plenty of ways that managers can help temporary workers get off to a good start.

"Get on the same page and set up a game plan — students can contribute quickly if they know what is expected from them ahead of time," she says. "Knowing who you are reporting to is also a part of the process that can make you a successful candidate and, most importantly, doing your research before you walk through the doors."

Students can be strong candidates if they know what the "job role" consists of and make sure to stay in contact with the placement agency and their managers, Chandler adds. This will help them get consistent feedback that can shape them as professionals, while also maintaining open communication with their current employers. Sharing constructive feedback and working as a part of a team is a skill that is strong and transferable.

With temporary work, students can gain more experience that can make them more marketable in the future.

Julie recommends that students approach every assignment with the same commitment that they would at a full-time job because you never know when a temporary commitment may become a full-time opportunity.

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Quick tips

Chandler's top advice for success with temporary work:

- Do your research before joining an organization.
- Have realistic expectations — know you have to go into an organization to prove yourself.
- Maintain open communication with managers and ask for more detailed feedback and additional responsibilities to guarantee a greater probability of success on the job.

Words of the wise

@TalentEgg: #QuestionoftheDay: Would you take a contract position in your dream job over a permanent position with benefits in a less desirable role?

@AbdulGureye: Yes because if you work your hardest, impress the right people, and prove you can add value that temp job can become a perm job!

- **@avery_jessica:** Definitely! That contract could just be the first step in my career.
- **@gwenwyw:** Definitely. Any opportunity to even experience my dream job would be amazing. Opportunities are everywhere!

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The Senators' Daniel Alfredsson checks the Canadiens' Michael Ryder into the boards during Game 4 of their first-round playoff series in Ottawa on Tuesday.
SEAN KILPATRICK/THE CANADIAN PRESS

Senators push Habs' backs up against wall

NHL playoffs. Montreal on the brink of elimination after coughing up two-goal lead in Game 4

Game 4

Senators	Canadiens
3	2

Kyle Turris scored at 2:32 of overtime as the Ottawa Senators defeated the Montreal Canadiens 3-2 to grab a 3-1 lead in their Eastern Conference quarter-final Tuesday.

Turris took a shot from the sideboards that snuck past Montreal backup goalie Peter Budaj, who came on for the injured Carey Price at the start of overtime.

Mika Zibanejad and Cory Conacher had the other goals for the Senators, who got 26 saves from Craig Anderson.

P.K. Subban and Alex Galchenyuk scored 62 seconds apart in the second period for Montreal.

Price made 30 saves for the Canadiens and was injured at the end of regulation.

Game 5 goes Thursday night in Montreal.

Down 2-0 in the third period and with little going their way offensively, the Senators finally beat Price when Zibanejad's goal at 11:55 from in close off a pass from Chris Neil stood after video review.

Ottawa continued to push and tied it with 22.6 seconds left in regulation when Conacher scored off a scramble in front with Anderson on the bench to send the crowd of 20,500 at Scotiabank Place into a frenzy.

After carrying the play for long stretches of the first period, the Canadiens were finally rewarded in the second. Subban, who took 25 minutes in penalties in Sunday's fight-filled affair and was booed every time he touched the puck, opened the scoring at 2:52 after taking a feed from Tomas Plekanec off the rush and roofing a shot past Anderson.

Galchenyuk then made it 2-0 at 3:04, again beating Anderson up high, much to the delight of the large contingent of Montreal fans in attendance. THE CANADIAN PRESS

World championship

Canada blows out Norway

Steven Stamkos had a goal and three assists to pace Canada to a 7-1 win over Norway at the IIHF World Championship on Tuesday.

Canada (2-0-1) played its best first period of the tournament so far and led by four goals after the opening 20 minutes.

Taylor Hall had two goals with Andrew Ladd, Matt Duchene, Jeff Skinner and Claude Giroux also scoring for Canada. Jordan Eberle had two assists.

Canada was second in the Stockholm pool with seven points. Switzerland led with eight.

Russia (3-0) downed the United States 5-3 to top the Helsinki pool. Promoted Austria doubled Latvia 6-3 for their first win.

THE CANADIAN PRESS

NHL awards

Fresh crop of defencemen up for Norris Trophy

Montreal's P.K. Subban, Pittsburgh's Kris Letang and Minnesota's Ryan Suter are finalists for the Norris Trophy, given annually to the NHL's top defenceman.

Each is a Norris finalist for the first time.

Subban topped the league's defencemen with 11 goals and 27 assists. Letang finished second in the scoring race among defencemen despite missing more than a quarter of the season. Suter of Madison, Wis., ranked second among players at his position in assists (28) and third in points (32).

THE ASSOCIATED PRESS

Isles proving a pesky match for Penguins

Islanders blue-liner Mark Streit defends Pittsburgh Penguins centre Sidney Crosby during Game 4 of their first-round playoff series on Tuesday night in Uniondale, N.Y. KATHY WILLENS/THE ASSOCIATED PRESS

John Tavares scored his second goal of the game with 9:49 left, and the New York Islanders tied their first-round series with the Pittsburgh Penguins on Tuesday night with a wild 6-4 victory.

Only the final lead was safe in Game 4.

Tavares slammed in his own rebound in front after Brad Boyes fed him following a turnover by Penguins star Evgeni Malkin. It was the Islanders' third one-goal advantage in the game and the one that earned them a 2-2 tie in the highly entertaining series that has featured 5-4 and 6-4 finishes at Nassau Coliseum.

Game 4

Islanders	Penguins
6	4

Tavares was serenaded with cheers of "M-V-P" from the frantic crowd that is believing an upset is possible. Casey Cizikas shoved in a shot with 1:16 left to add some much-needed insurance.

Brian Strait, captain Mark Streit, and Kyle Okposo also had goals, and Evgeni Nabokov made 27 saves for the eighth-seeded Islanders.

Game 5 is Thursday in Pittsburgh.

THE ASSOCIATED PRESS

Pitcher Happ's injury overshadow's Jays win

MLB. Toronto gets first three-game win streak of season, but focus is on left-hander drilled in head by line drive

Blue Jays starting pitcher J.A. Happ lays on the ground after being hit in the head by a Desmond Jennings line drive on Tuesday in St. Petersburg, Fla. Happ was taken to hospital, but the Jays had no immediate update on his condition after the game. MIKE CARLSON/THE ASSOCIATED PRESS

Blue Jays pitcher J.A. Happ was hit in the head by a line drive and taken off the field on a stretcher during Toronto's 6-4 win over the Tampa Bay Rays on Tuesday night.

In a frightening scene at Tropicana Field, Desmond Jennings' second-inning liner caromed squarely off the left side of Happ's head with a loud "thwack!" that could be heard up in the press box.

The ball went all the way into the bullpen in foul territory halfway down the right-field line. Happ dropped face down at the front of the mound, holding his head with his glove and bare hand.

The pitcher was taken to a hospital for tests but the Blue Jays had no update on his condition immediately after the game, manager John Gibbons said.

Jennings ended up on third base with a two-run triple. Team trainers, paramedics and medical officials rushed to Happ's aid as Tropicana Field fell into a hush.

Jennings stood with his hands on his head, and other players were visibly concerned as they watched Happ receive medical attention for about eight minutes.

Toronto manager John Gibbons stood on the mound as Happ was strapped to a backboard and immobilized. The left-hander was lifted onto a stretcher and wheeled off the field through an opening behind home plate.

Just before he disappeared under the stands, Happ raised his right hand and waved. He received a standing ovation from the crowd, and the game resumed after an 11-minute delay.

Brad Lincoln replaced Happ, who gave up four runs — all in the second — and five hits in 1 1-3 innings.

The Blue Jays grabbed a 6-4 lead in the ninth on Maicer Itzuris' solo homer and an RBI double by Melky Cabrera off Joel Peralta (0-2). Toronto, which trailed by three early on, tied it 4-4 in the eighth on Jose Bautista's RBI double.

THE ASSOCIATED PRESS

Near-perfection with a side of shaving cream pie

Justin Turner of the New York Mets hits teammate Mike Baxter with a shaving cream pie after Baxter's walk-off RBI single in the 10th inning on Tuesday night in New York City. Matt Harvey pitched one-hit ball for nine innings in a nearly perfect performance and the Mets permitted just one baserunner all game in beating the Chicago White Sox 1-0.

NICK LAHAM/GETTY IMAGES

Tennis

Djokovic stunned, Raonic ousted at Madrid Open

Grigor Dimitrov stunned Novak Djokovic while Canada's Milos Raonic saved two match points but eventually lost to Fernando Verdasco in second-round action at the Madrid Open on Tuesday.

The 28th-ranked Bulgarian, Dimitrov, defeated the top-ranked Serb 7-6 (6), 6-7 (8), 6-3 for the biggest win of his career.

Dimitrov saved three set points in the first before taking the lead, and Djokovic then appeared to hurt his right ankle when trailing 4-2 in the second. Djokovic slipped on the baseline and winced in pain, then immediately called for a trainer and took a lengthy break to get treatment.

Raonic saved two match points but sent a forehand long on a third, sending the Canadian to a loss against Fernando Verdasco and another second-round exit at the Madrid Open. Verdasco, playing on his home turf, outlasted Raonic 6-4, 2-6, 7-6 (7). THE CANADIAN PRESS

NBA playoffs. Carmelo does the trick for Knicks

Carmelo Anthony scored 32 points, 16 during a 30-2 New York onslaught in the second half, as the Knicks beat the Indiana Pacers 105-79 on Tuesday night to even the Eastern Conference semifinals at 1-1.

Iman Shumpert added 15 points, including a sensational follow dunk in the first half, and Raymond Felton scored 14 as the Knicks turned a close game into a blowout over the final 15 minutes.

Paul George scored 20 points for the Pacers, who had a two-point lead and momentum when coach Frank Vogel called timeout with a little more than three minutes left in the third quarter.

By the time the Pacers got on the board in the final period, the Knicks had opened a 26-point advantage.

"I thought tonight they made all the hustle and necessary plays for us to win this game, and that was nice to see," Knicks coach Mike Woodson said.

Game 3 is Saturday at Indianapolis.

David West scored 13 points for the Pacers, who committed 21 turnovers that led to 32 points, negating their height advantage that loomed so large in their Game 1 victory.

Knicks forward Carmelo Anthony shoots past the Pacers' Jeff Pendergraph on Tuesday in New York. THE ASSOCIATED PRESS

Indiana had trailed most of the night before taking a 64-62 lead on George Hill's three-pointer with 3:28 left in the third that capped a 10-4 run.

Vogel then called timeout and subbed out centre Roy Hibbert. Seeing the middle open, Anthony attacked, first with a drive and then a dunk while drawing a foul that knocked on Hibbert's replacement, Jeff Pendergraph, and the game was never the same.

THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Series tied 2-2)
Tuesday's result
N.Y. Islanders 6 Pittsburgh 4
Thursday's game
N.Y. Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
(Ottawa leads 3-1)
Tuesday's result
Ottawa 3 Montreal 2 (OT)
Thursday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
(Washington leads 2-1)
Monday's result
N.Y. Rangers 4 Washington 3
Wednesday's game
Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Boston leads 2-1)
Monday's result
Boston 5 Toronto 2
Wednesday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 2-1)
Tuesday's result
Chicago at Minnesota
Thursday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Series tied 2-2)
Monday's result
Detroit 3 Anaheim 2 (OT)
Wednesday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose leads 3-0)
Tuesday's result
Vancouver at San Jose
Sunday's result
San Jose 5 Vancouver 2

ST. LOUIS (4) VS. LOS ANGELES (5)
(Series tied 2-2)
Monday's result
Los Angeles 4 St. Louis 3
Wednesday's game
Los Angeles at St. Louis, 9 p.m.

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)
(Chicago leads 1-0)
Monday's result
Chicago 93 Miami 86
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)
(Series tied 1-1)
Tuesday's result
New York 105 Indiana 79
Saturday's game
New York at Indiana, 8 p.m.
Tuesday, May 14
New York at Indiana, TBA

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)
(Oklahoma City leads 1-0)
Tuesday's result
Memphis at Oklahoma City
Saturday's game
Oklahoma City at Memphis, 5 p.m.
Monday, May 13
Oklahoma City at Memphis, 9:30 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)
(San Antonio leads series 1-0)
Monday's result
San Antonio 129, Golden State 127, 2OT
Wednesday's game
Golden State at San Antonio, 9:30 p.m.
Friday's game
San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Wednesday's games — All times Eastern
Houston at D.C., 7 p.m.
Montreal at New York, 7:30 p.m.
Salt Lake at New England, 8 p.m.
Seattle at Kansas City, 8:30 p.m.
Portland at Dallas, 9 p.m.
Toronto at San Jose, 10:30 p.m.

ENGLAND

PREMIER LEAGUE

Manchester City 1 West Brom 0
Swansea 3 Wigan 2

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	21	12	.636	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	17	.452	6
Toronto	12	21	.364	9

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	16	14	.533	3
Minnesota	14	15	.483	4½
Chicago	13	18	.419	6½

WEST DIVISION

	W	L	Pct	GB
Texas	20	12	.625	—
Oakland	18	16	.529	3
Seattle	15	19	.441	6
Los Angeles	11	20	.355	8½
Houston	8	24	.250	12

Tuesday's results
Cleveland 1 Oakland 0
Minnesota 6 Boston 1
Kansas City at Baltimore
Toronto at Tampa Bay
L.A. Angels at Houston
Wednesday's games — All times Eastern
Kansas City (Mendoza 0-1) at Baltimore (Tillman 2-1), 7:05 p.m.
Oakland (Griffin 3-2) at Cleveland (Masterson 4-2), 7:05 p.m.
Minnesota (Hernandez 1-0) at Boston (Webster 0-0), 7:10 p.m.
Toronto (Romero 0-1) at Tampa Bay (Moore 5-0), 7:10 p.m.
L.A. Angels (Blanton 0-5) at Houston (Norris 3-3), 8:10 p.m.

NATIONAL LEAGUE

Tuesday's results
St. Louis at Chicago Cubs
Atlanta at Cincinnati
Miami at San Diego
Arizona at L.A. Dodgers
Philadelphia at San Francisco
INTERLEAGUE
Pittsburgh 4 Seattle 1
Detroit at Washington, postponed
Chicago White Sox at N.Y. Mets
Texas at Milwaukee
N.Y. Yankees at Colorado.

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Never mind the Mother's Day card and clean her car instead

Autopilot. The car makeover for that appreciative time of year could be a new tradition in the Goetz household, right kids?

AUTO PILOT
Mike Goetz
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Hard up for a way to celebrate Mother's Day?

Usually I'm not full of suggestions. Usually I could only suggest gift ideas to stay away from, based on the reactions they created on Mother's Days gone by. For example, as Mother's Day gifts, I would definitely stay away from groceries, laundry detergent, and personal coupons redeemable for household chores you're already expected to complete. Actually the coupons are mostly all right, as long as you don't make them, as I did one year, with really tight expiry dates.

The Canadian Tire team doing what my kids should have done. MIKE GOETZ

But Canadian Tire recently tuned me into a great way to honour the mother in your family on her special day — clean her car inside and out. They also suggested families could add some relevant accessories, to give her something approaching a "Mother's Day Car Makeover."

Of course the fine folks at Canadian Tire want to sell car cleaning products and accessories, but they're definitely on to the spirit of Mother's Day. Mothers just love it when their families — and especially the kids — turn the tables, and work in love for the mothers, as the mothers work in love for their families every other day of the year. Excuse me, I seem to be tearing up a bit here… must get a tissue. Oh damn, I just wish I had more tears, so I could clean Mother's car completely with tears!

If tears aren't handy, go with a power washer.

That's how the team at Canadian Tire started cleaning our family car, driven mostly by the mother in our family, my wife Diane. As part of a press function, Canadian Tire offered to clean the Fit to show off the company's do-it-yourself cleaning and car organizational products, and to promote the concept of the Mother's Day Car Makeover.

And clean it they did. It looked — and smelled— incredible. I was particularly impressed with Autoglym's Aqua Wax, which proved to be a quick an easy way to give your ride a protective and shiny wax job. You spray it on while the car is still wet after washing. They you just spread it around with a micro-fibre cloth, and dry and shine it with another, and you're done.

Our teenage kids, Amelia and Jared, were invited to help clean, to make Mom feel more special, but they were not available. We didn't give them enough notice. They couldn't clear their schedules. But they promised to have their people call our people and set up a meeting to discuss other Mother's Day proposals.

So this column could have been how Amelia and Jared cleaned their mom's car for Mother's Day. Now it's to shame them into doing something else. In keeping with the auto theme, Jared, how about replacing the Honda's timing chain? I believe its due for one. It's also due for an air conditioning service. Amelia, I know a container of refrigerant and socket set with your name on them.

Failing that, maybe a coupon for cleaning the Fit the next time its needs it (with no expiry date on the coupon.)

Engines flourish with a regular oil change

Driving Force. Give what's under your hood a longer shelf life by following the owner manual's lubricant schedule

JIL MCINTOSH
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Any time your engine is running, there are parts inside it moving at several thousand times a minute, and with little more than the width of a human hair separating them from other components. Without sufficient oil for lubrication, the engine will quickly seize and become irreparably damaged.

"Engines heat up as they operate, and metal expands, so if you didn't have oil, the heat would cause the metal parts to contact," says Sean Martell, category business manager for oil and oil change at Canadian Tire. "Oil protects engine parts from wear, it helps take heat away from the engine so it can operate at a consistent temperature, and it captures dirt and debris that gets into the engine."

Oil contains additives and antioxidants to help protect your engine, but these eventually break down. Changing the oil at regular intervals helps to prevent premature engine wear.

Whenever the engine is running, oil is circulated through it by an internal oil pump. It passes through the oil filter, a canister that's screwed onto the engine, which traps larger dirt particles suspended in the oil. The filter is disposable and should be replaced with every oil change.

Having the right amount of oil in the engine is important, too. Too much can be just as bad as too little, since the oil will foam and won't provide proper protection.

It's best to follow the oil change schedule recommended by the manufacturer for your vehicle. "If you go a little past your interval, the oil doesn't stop working, but it does lose its capacity," Martell says. "In the owner's manual, there's usually a standard schedule and then one for 'severe duty' (which is more frequent).

Things to note

Rating system. Engine oil is rated by its viscosity, which is how thin or thick it gets with heat or cold, and there are blends rated for winter or summer temperatures.

Synthetic. This oil is formulated for better flow and engine protection. It also usually has longer change intervals, and in some cases can improve fuel economy.

Thorough check up. During an oil change, the technician should also check your vehicle's belts, hoses, tires, fluid levels, and brake pads to be sure they're in good condition.

Regular changes will extend the life of your engine. CANADIAN TIRE

"It's not that severe, and over 80 per cent of Canadians drive in what is considered severe duty, including a range of temperatures, a lot of stop-and-go traffic and short trips, and a mix of dirt and paved roads. All of these put more stress on the engine. There's no harm to your car by changing the oil more frequently, but if you follow the directions, your engine will last for a longer time."

Luxury Rover is a thoroughbred

Second gear. Land Rover Range Rover 2003-2009

JUSTIN PRITCHARD
drive@metronews.ca

HANDOUT

Capable, luxurious and packing world-class comfort features, the last-generation Land Rover Range Rover hit the road with V8 or supercharged V8 power, four-wheel drive and a long list of goodies when it launched in 2002. Feature content included dual-zone climate control, a sunroof, navigation and plenty more. Air suspension, a CD changer and xenon lights were on board, too.

Depending on the year and model in question, this posh off-roader could be kitted up via numerous trim levels and option packages to suit a variety of tastes and budgets.

Common Issues

The Range Rover is full of electronics that can experience issues, so approach looking for signs of trouble. Be sure all electrically-operated accessories function as expected, and check for any warning lights or messages in the instrument cluster or driver computer. Have the air suspension checked out by a Land Rover mechanic after you toggle it through its various settings to confirm it operates without any warning lights illuminating. This is an expensive-to-repair system that will eventually wear out and fail.

Be sure to toggle the 4x4 system between its various modes too, checking for signs of trouble along the way. Check the owner's manual for proper shifting procedures, noting any unusual sounds or failure to shift into the selected mode.

What owners like

Luxury, go-anywhere capability, exclusivity and a great deal of "presence" are noted by owners. Smooth performance and an ultra-posh cabin are also noted. All said, owners seem to have enjoyed a driving experience rich with luxury and capability.

What owners dislike

Complaints were minimal, though most owners wish for better fuel mileage.

Engines

Look for a V8 engine on all models, built by BMW during that automaker's ownership of the Land Rover brand until 2006. When Land Rover was purchased by Jaguar, a Jaguar V8 was fitted instead. Both engines displaced 4.4 litres, and the Jaguar mill could be had with a supercharger.

The verdict

The main attraction to a used Range Rover is luxury, performance and pedigree. If you're after a cheap-to-run sport ute, this isn't the model for you. Opting against a supercharged model will reduce your fuel bill slightly.

Family road trip anybody?

Preparation is key. A vehicle check up, GPS and entertainment for the kids top the list of things you need to have prior to departure

The arrival of warm weather brings about the excitement and possibility of vacations, long weekends and road trips. Every year a number of Canadians decide to forgo the stress of air travel in favour of exploring their country by taking to the open road.

To make your trip as comfortable, functional and safe as possible, it's best to plan ahead, get organized and make sure you have a few essentials.

First, it's a good idea to have your car checked out by a certified technician, who will identify, perform maintenance and repair any issues your car may have. This step helps you avoid expensive or inconvenient repairs during your vacation.

Once the car is road-ready, it's time to get organized. For families this can be a monumental task, so leading retailer, Canadian Tire, says there are several storage solutions on the market.

Many are designed to tame car clutter and create extra room for road trip essentials like games, toys, snacks and drinks.

Outside of the car, consider using a roof rack to safely store your camping gear and a sport rack so that you can bring along your gear.

To keep the kids entertained — and to minimize the collective "are we there yet "— don't forget the portable DVD player and some toys.

To avoid any lost time consider investing in a GPS unit to navigate your way to your destination.

Always keep an emergency road kit in your car to help you stay safe during your road trip.

It's also a good idea to keep the appropriate tools in the trunk in case you get a flat tire.

NEWS CANADA

Packed, prepped and ready to go with some piece of mind. NEWS CANADA

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Some issues should be taken seriously but others are just not worth the effort and what happens today falls squarely in the latter category. Don't waste your time and energy on trivial things, or trivial people.

♉ Taurus
April 21 - May 21
Major changes are in the air and you will be at the center of them. It isn't true, as some people claim, that Taurus types stick with the tried and trusted.

♊ Gemini
May 22 - June 21
You may feel restricted in one area but maybe that is a sign from the universe that you should be concentrating your efforts in a different area entirely. Give it some thought over the next 24 hours.

♋ Cancer
June 22 - July 23
You may not be as forceful as some people but you have your moments now and again. With Mercury and Mars acting together today you will find ways to persuade the world to take care of your needs.

♌ Leo
July 24 - Aug. 23
No matter how smart you may be there will always be someone who is smarter and you forget that fact at your peril. If you know when you have met your match you won't have any problems today.

♍ Virgo
Aug. 24 - Sept. 23
No matter how daunting the task that confronts you today you will tackle it head on and make a huge success of it. Later in the week you will be more relaxed about life.

♎ Libra
Sept. 24 - Oct. 23
Your thought processes are moving so fast at the moment that you come up with answers to questions that have not even been asked yet.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to give a friend some advice today but the planets warn that probably isn't such a good idea. On this occasion it might be wise to keep your mouth shut.

♐ Sagittarius
Nov. 23 - Dec. 21
You have never been the sort to play safe and you are not about to start now. If you take some sort of gamble today it may well pay off but don't forget that there are no guarantees.

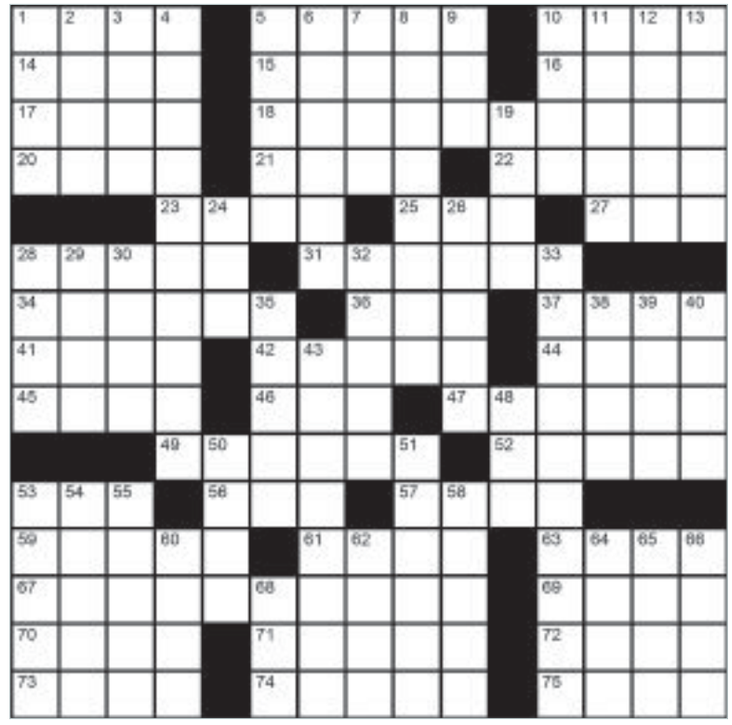
♑ Capricorn
Dec. 22 - Jan. 20
You need to give yourself a bit more space and find ways to spend time on your own. There are so many things that need doing this month and your workload is sure to increase, so relax while you can.

♒ Aquarius
Jan. 21 - Feb. 19
Make time for your nearest and dearest today. Your work schedule may be punishing but even if you get through it all it won't bring you anywhere near the satisfaction that spending time with your loved ones does.

♓ Pisces
Feb. 20 - March 20
Some people will always be critical of your efforts and they are the people you should always ignore. You know they are driven mainly by jealousy, so pretend they don't exist — that will annoy them even more! SALLY BROMPTON

Crossword: Canada Across and Down

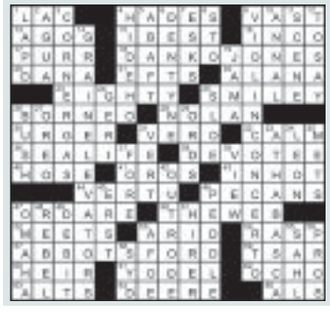
BY KELLY ANN BUCHANAN



Across
1. "__ sure you already know...": 2 wds.
5. ___ world record
10. Just about
14. Bible pronoun
15. Friend: Italian
16. Pledge
17. Pulls along
18. Ottawa-born impressionist: 2 wds.
20. Search
21. __ __ it (Is a conspirator)
22. Prairies product
23. Existence
25. Wynonna's sis
27. Yukon's li'l neighbour
28. Dog of Japan
31. The Book of __ (Show in Toronto)
34. Pronoun
36. Wee weekday
37. 'Def' suffix
41. General Robert _. __
42. Not now
44. Flimsy
45. Prophet
46. Island: French
47. Northern Pikes' "__ __ You Fool"
49. Fancy fabrics
52. Ms. Blanchett's
53. Toast topping
56. Jogged
57. Related
59. "The Untouchables" role, __ Ness
61. Betting card game
63. BMO competitor
67. Canada's __ (North of Toronto amusement park)
69. Lively circle dance
70. Barenaked Ladies song
71. Ill-fated luxury liner in 1956, Andrea __
72. British actor Clive
73. Not as much
74. Dishonest one
75. Some rodents

Down
1. Tourist __. (Places on postcards)
2. Boot alternative
3. "Thanks, ___ you one."
4. Stratford Festival play starting May 18th, The Three __
5. Traditional outfits
6. Marshall Mathers, to rap fans
7. Mr. Torres, Bon Jovi drummer
8. Canadian supermodel, Monika __
9. "You've Got Mail." co.
10. Chris of "The Good Wife"
11. Finished food
12. Attorney-__-__
13. Bookdom's Mr. Butler
19. "_ (__ Have Nothing)" by Tom Jones
24. Actress Ms. Field, to pals
26. Smug-looking smile
28. Actor Ed of "Daniel Boone"
29. Kid on "South Park"
30. 1989 Bad English hit: "When _ __ You Smile"
32. A lot
33. Journalism job: 2 wds.
35. CBC cooking show, "In the Kitchen with Stefano __"
38. Flapper's fabrication
39. Arrived
40. Gets by, just barely
43. MB city bordering SK: 2 wds.
48. Marie-Claire's 'here'
50. Mr. Johnson of "Laugh-In"
51. Ontario city on Lake Huron
53. Gem
54. Unaccompanied
55. Subcompacts
58. __ moment (Meant for a snapshot)
60. "What are the __?"
62. Swiss river, variantly
64. Cedar Rapids state
65. Poison singer, __ Michaels
66. Pepsi holders
68. Shortened streets

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5				4
	9			2			6	
1			4		6			2
7		3				2		5
		4	5		7	1		
9		5				6		8
2			8		3			1
	4			7			3	
8				4				6

Yesterday's Sudoku

5	4	9	1	2	3	6	7	8
8	2	1	9	6	7	4	5	3
7	6	3	8	5	4	1	9	2
1	5	2	3	7	6	8	4	9
6	8	4	5	9	2	7	3	1
9	3	7	4	1	8	5	2	6
2	7	5	6	3	1	9	8	4
3	1	8	7	4	9	2	6	5
4	9	6	2	8	5	3	1	7

Under the provisions of ***The Alcohol and Gaming Regulations Act, 1997***

Notice is hereby given that Yesheng Restaurant Ltd.has applied to the Liquor and Gaming Authority for a Restaurant with Lounge Permit to sell alcohol in premises known as Brothers Restaurant at 325 Avenue C S, Saskatoon, SK, of which is the correct legal description.

Lot 22, Blk 19, Plan E5618

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

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